

Weekend executive masterclass Series

Show Stress Who's Boss! Discover 4 Easy Steps to Beat Stress!



Instant access to **Tools, Skills** and **Strategies** that will show you to effectively manage your personal stress today!

A 1-day Motivational Stress Management Masterclass

Delivered in person by Carole Spiers - World Authority on Executive Stress. Gulf News Columnist. BBC Guest-Broadcaster. Best-selling Author

Saturday 14th April 2012

Holiday Inn, Al Barsha, Dubai (Next to Mall of the Emirates)

Your Presenter for the Day:



Carole Spiers, MIHPE, MISMA

As a leading authority on corporate stress, Carole's mission is to empower organisations to achieve sustainable success through a healthy workplace culture where her stress management expertise is in demand around the world.

Author of a new book 'Show Stress Who's Boss', Carole is the founder of the Carole Spiers Group, an international Stress Management and Employee Wellbeing consultancy working with equal success in the contrasting cultures of UK and the Middle East that for over 20 years, has numbered among its clients leading corporations including, Accenture, Al Habib [Oman] AXA, CNA [Qatar], Etisalat [Dubai], Dubai Cables, IBM, Kanoo Group [ME], MBC [ME] and Walt Disney.

Carole is popular, weekly columnist for Gulf News and Past President of the London Chapter of the Professional Speaking Association. In the UK, Carole launched National Stress Awareness day on behalf of the International Stress Management AssociationUK, of which she is a former Chair.

She is also called upon by the BBC and other media to provide professional comment on work stress and related topics and is author of 'Tolley's Managing Stress in the Workplace' published by LexisNexis.

4 Easy Ways to Register

1. Email: info@carolespiersgroup.co.uk
2. Register on-line: www.carolespiersgroup.co.uk/showstresswhosboss.html
3. Call: + 44 (0) 20 8954 1593
4. Fax: + 44 (0) 20 8420 7618

Stress Management Executive Masterclass



This Programme is Designed for:

CEOs, VPs, Senior Management team, Executives, HR Professionals, Supervisors, Team Leaders, Health & Safety and Employee Support Officers

Aim of the Masterclass

- This Masterclass will provide you with an essential overview of the core components of stress and its management.
- It is designed to show delegates how to recognise workplace stress and support employees, thereby improving the culture of the organisation

Why You Should Attend

Every Executive has to maintain a high level of performance to achieve optimum productivity and work stress can sometimes get in the way. This programme will provide tools and strategies to manage stress and cope with the pressures and demands of the high-powered, working environment.

Upon completion of the Masterclass, Delegates Will Have Gained the Following Knowledge:

- **Simple techniques to release tension**
- **Easy ways to build resilience to pressure**
- **Causes and effects of workplace pressure**
Familiar signs and signals that indicate a pressure employee
- **Practical methods to toughen up mind and body**
- **Proven steps to help you sleep soundly**
- **Healthy eating tips to maintain energy levels**
- **Effective time management techniques**
- **Key strategies to achieve a healthy work-life balance**
- **Interventions to increase personal performance**
- **Well-tested stress management strategies to build resilience**
- **A no-nonsense approach to tackling stress at work and much, much more**

"No visiting speaker could have been better positioned to address the Naseba Women in Leadership Forum. Carole Spiers is a supreme example of achievement through self-development, and I know that this registered vividly with the audience in that packed hall. Many of them realized that they had learned practical stress Management tools and strategies that they could implement immediately after leaving her presentation. We certainly hope we may see her addressing one of platforms at Naseba again!" **Sophie Le Ray, CEO, Naseba**

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Stress Management Executive Masterclass

1 Day Programme Outline

Registration will be at 8.30 a.m. The Masterclass will start at 9 a.m. and finish at 5.00 p.m. There will be short breaks at appropriate times for refreshments and prayers. A 3-course lunch will be served at 1 p.m.

The Business Case for Managing Stress

- Why the need to manage stress – update on current industry situation
- An overview of best practice: relevant international case studies
- Effective performance management for increased performance

Calculating the True Cost of Workplace Stress

- Symptoms of an unhealthy workplace culture
- The managerial role in relation to pressure management
- Spotting familiar signs and signals that indicate stress

Identify When Pressure Becomes Stress

- The difference between good and bad levels of pressure
- Understanding the body's response to challenge
- The human response to threat - the 'fight and flight' response

Pressure Proofing the Individual

- Recognising your own pressures. Time management and demands. Managing the workload.
- The individual nature of stress e.g. the role of personality and major life events
- Work-life balance: the links between home and work-related pressure

Build Personal Resilience for Outstanding Performance and Productivity

- Maintaining a healthy diet. Learning to relax. Positive self talk
- Delegating and learning to say 'No!' Exercising to beat stress
- Achieving a balance lifestyle: home / work balance.
- Learning to let-go of tension.

Proven Organisational Interventions to Reduce Stress

- Working towards a listening and influencing culture and engaging with your team.
- Proven anti-stress strategies for dealing with stress in the organisation
- Creating a stress-free healthy corporate culture for sustainable growth

"Carole Spiers provided us with an excellent insight into stress management. With many thanks."

Brendan Noonan, VP, Training & Development, Emirates Airline Group

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Course Fees

US\$

AED

~~800~~ **560**

~~3,000~~ **2000** per delegate

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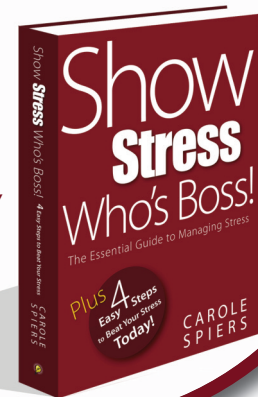
Please note: The MASTERCLASS fees include workshop, refreshments, 3-course lunch and a copy of Carole Spiers' new book 'Show Stress Who's Boss!'. All delegates will receive a Certificate of Attendance.

Accommodation will be available at the venue hotel. Delegates will need to make their own advance reservations.

Other Carole Spiers Group Services

- **High Performance Executive Coaching**
- **Mentoring and Mediation**
- **Motivational Keynotes for Conferences**
- **In-house training:** Organisational Change, Communication Skills, Emotional Intelligence, Time Management, Negotiation Skills, Crisis Intervention, Empowerment

All delegates booking their Earlybird place, will receive a **FREE** copy of Carole's **NEW** book '*Show Stress Who's Boss!*'



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Testimonials



"Thank you for making the obvious 'visible' in your 'Show Stress Who's Boss!' presentation."

Syed Ahmed Ali, Manipal University, Dubai

"Carole's presentation 'Show Stress Who's Boss!' was powerful in its straight forwardness and its impact went right to the core of the audience. She is energetic in her delivery and her enthusiasm motivated the audience to sit up and take notice. She engages each and every member and is a thoroughly inspirational speaker. Thanks for your honesty!"

Sandra Wilby, Humanitarian Response Manager, Emirates Airlines

"Your innovative keynote presentation for our Top Team was really an eye-opener, and an ignition to what I call a 'mindset change process. We all felt thoroughly engaged and involved in this important issue."

Hayyan Al Habib, Director, Al Habib Group (Oman)

"Carole Spiers provided us with an excellent insight into stress management. With many thanks."

Brendan Noonan, VP, Training & Development, Emirates Airline Group

"Carole Spiers' presentation was intelligent, interactive and energetic – just what we needed as the closing keynote to our Family Business Forum in Abu Dhabi."

Purva Hassomal, Director, Leaders of Abu Dhabi, Family Business Forum

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Terms & Conditions

1. **PAYMENT:** Course fees must be paid in full prior to attending the course. Payment can be made online by credit or debit card via Paypal, via direct bank transfer (BACS), by international banker's draft in the name of Carole Spiers Group. Please complete the on-line booking form as the website address below.

2. **CANCELLATION:** Carole Spiers Group reserve the right to cancel any training course due to low registration or for any other reason, including force majeure, without prior notice and without financial liability. In the event that a training workshop or course is cancelled, delegates can either attend the course at a later scheduled date, transfer to an alternative course, or opt for a full refund. Course cancellations will be notified to delegates at least five days prior to the course start date. Cancellations made by delegates are subject to the following cancellation terms.

- a) More than 30 calendar days prior to the course start date - 10% of the course fee paid
- b) 30 to 15 calendar days prior - 50% of the course fee paid
- c) Less than 15 calendar days prior - no refund of course fee

All cancellations must be made in writing via email to: info@carolespiersgroup.co.uk Delegates can send a substitute delegate in their place at no extra cost. No-shows will be charged one hundred percent (100%) of the course fee. Carole Spiers Group reserve the right to change the course venue at any time without prior notice or liability. Course fees will be reimbursed in full where an alternative venue is not provided.

4. **WARRANTY:** Carole Spiers Group provides training courses and services solely by reference to their description and where permitted by law we exclude all other warranties, express or implied statutory or otherwise from these terms and conditions. Carole Spiers Group total liability to you, other than for death or personal injury caused by our negligence or for fraud or where such limitation is prohibited by law, for any losses costs expenses or damages under these terms and conditions shall be limited to the total fees paid or payable by you.

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